



City of Benbrook ★ A Texas Star City

# Benbrook News

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*From the Sports Desk with John English*

## Soccer Season Starts at Western Hills High School and Benbrook Middle-High School

With soccer season getting underway, the teams of Benbrook are looking to carry on a tradition of excellence on the pitch in 2024.

The Western Hills boys advanced four rounds in the playoffs in 2022-23, but coach Matt Collins said his team was hit pretty hard by graduation.

“We are trying to sort out a new team that has a lot to live up to from last year’s team that had great success,” Collins said. “We are slowly getting better.”

Seniors Anthony Perez and Alexis Bautista should lead the way for the Cougars this year, and keep an eye on juniors Guadalupe Roman and Anthony Medina, whom Collins said “are next in line to contribute.”

Collins said for Western Hills to have a successful season, it will take it will take younger players stepping up.

“We are lacking in the star power we had last year,” Collins said. “Replacing 13 seniors is tough.”

Over at Benbrook, the Bobcats qualified for the post-season in 2022-23 as well, and coach Jared Spoon said things are shaping up well for 2024.

“So far, we have won our last won matches and went undefeated in the Central Texas Showcase in Waco, scoring 9 goals and only giving up 1,” Spoon said on Saturday. “Although it wasn’t a standard bracket tournament, we definitely were at the top with our goal differential.”

Spoon said he has a couple of players he expects to lead the way for Benbrook.

“My center back, Giovane Jimenez, who is a senior and a captain helps keep our defense really tight and a lot of attackers have a hard time penetrating our back line because of him,” Spoon said. “My goalkeeper Emerson Vazquez is good enough on the field and in the box that he has attracted lots of attention from other coaches and teams. He will no doubt play at the next level after he graduates next year. My senior striker Kaden Robinson has found his footing up top and his speed and accuracy has already gotten him several goals this season.”

To have a successful season, Spoon said his team will need two

major things.

“If we keep playing at the speed we are and connecting our passing we will be good,” Spoon said. “I have a very young but tough midfield that applies constant pressure on opposing teams while they are in possession.”

On the girl's side, Benbrook won a district 7-4A championship and reached the regional quarterfinals last season, and coach Luz Castillo she is pleased with what she has seen early on this season.

“Our soccer program is rocking (continued on page 6)

*Benbrook Council Action by John English*

## Jan. 18 Meeting Review

The Benbrook City Council meeting held on Jan. 18 was conducted as scheduled. Mayor Jason Ward called the meeting to order. An invocation was followed by the Pledge of Allegiance.

Time was then allowed for citizen comments on any agenda item, but there were none.

The minutes from the previous meeting held on Jan. 4 were approved unanimously.

The first item of the evening was proposal to accept the finance report for the period ending on Dec. 31. General Fund revenues for the month of December were \$6,883,647, with year-to-date revenues of \$9,802,952. General Fund expenditures for the month of December were \$1,625,598, with year-to-date expenditures of \$4,902,985. The Economic Development Corporation revenues for December were \$211,086, while expenditures for December were \$31,291. The finance report was accepted unanimously.

Next up was a proposal to accept the investment report for the quarter ending on Dec. 31. The total portfolio for the City and EDC on Dec. 31 was \$49,677,614, with 83.2 percent or \$41,343,883 belonging to the City, and 16.8 percent or \$8,333,731 belonging to the EDC. The finance report was accepted unanimously.

Time was then allowed for informal citizen comments, but there were none. Time was then allowed for council member and staff comments, but there were none.

The meeting was then adjourned.



# Obituary



*Patricia "Lee" Dizmond*

Patricia "Lee" Dizmond, 89, a loving mother and grandmother, passed away Jan. 16, 2024, at her home surrounded by her loved ones.

A funeral will be held Monday, Jan. 29, 2024, in Greenwood Chapel, Fort Worth.

Lee was born in Muncie, Indiana to Dewey and Madonna Irwin on Feb. 28, 1934. She attended Barber College in San Antonio and later moved to south Fort Worth and worked for Lloyd's Barber Shop. She later opened Lee's Barber Shop on West Seminary. Lee sold the shop Dec. 31, 2004, but continued to work there until her retirement. Lee spent time as a Hospice Volunteer and was an active member of Longview Baptist Church. Lee enjoyed spending time with her family and gardening.

Lee was preceded in death by her husband, Bobby Dizmond; son, Dean Hahn; three brother; and two sisters.

She is survived by: daughters, Doris Dent and Dianna Thibodeaux; daughter-in-law, Mary Hahn; sister, Joan of Colorado; six grandchildren; and four great-grandchildren.

**To submit an obituary, email  
suburbannews@sbcglobal.net**

*From the White Settlement Public Library*

# Robotics Showcase Saturday

The Aledo High School robotics group 9161 Overload will be holding a robotics showcase for kids on Saturday, Jan. 27 at 11 a.m. in the White Settlement Library classroom.

This is a great opportunity to get kids interested in STEM activities, so gather the family and come down to the Library to check it out!

*From the City of Benbrook*

## Senior News

The Benbrook Senior Citizen Center offers many engaging indoor events and activities for seniors. Seniors are invited to participate in daily card activities from 9 a.m. to 12 p.m. Ceramics with Steve is scheduled for Tuesdays at 1 p.m.

Learn more about upcoming events and activities by visiting the Benbrook Senior Citizen Center's Facebook page at [Facebook.com/BenbrookSeniorCenter](https://www.facebook.com/BenbrookSeniorCenter).

For more information, please call the Senior Center at 817-249-6300.

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**Submit Questions no later than:**

**Thursday, February 1, 2024**

Questions must be submitted online no later than 2:00 pm Central Time on the due date listed above.

**DUE DATE: Friday, February 23, 2024**

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**All questions and proposals must be submitted via bonfire.**

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# Jigsaw Puzzle Competition

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Saturday, February 3  
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\*Registration is required!

We have the perfect program for all of the passionate puzzle people out there! You will need patience and persistence to pull of the painstaking task of completing a 500 piece puzzle. The event will take place on Saturday, Feb. 3 at 1 p.m. and registration starts on Jan. 29!

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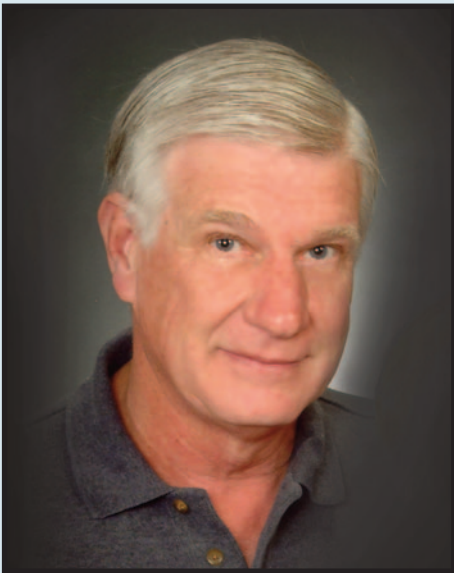
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## Obituary



*Michael Larry Goins*

Michael Larry Goins, 74, of White Settlement, passed away Jan. 12, just shy of his 75th birthday.

A memorial service is scheduled Jan. 31, 10 a.m. at Shannon Funeral Home, 6001 Rufe Snow Dr., Fort Worth, burial following at DFW Veterans Cemetery. In lieu of flowers, the family requests donations to the Disabled American Veterans organization, [www.dav.org](http://www.dav.org).

Born Jan. 22, 1949 in Beckley, W. Va. to Ira and Kathy Goins, he spent his youth there with his beloved maternal grandparents. His father was in the Army and traveled extensively on assignment in the United States and Okinawa, Japan before finally settling in Mineral Wells, TX after his final orders took the family to Fort Wolters in the 1960s.

Highly intelligent, Mike was double-promoted twice in school and graduated from Mineral Wells High School in 1965 at the age of 16. He graduated from both Weatherford Junior College and Tarrant County College and attended the University of Texas at Arlington, where he majored in mathematics.

Mike proudly served in the U.S. Navy where he excelled in training, becoming a recruit instructor. He spent most of his 10-year naval career on board the USS Brooke, a guided missile frigate which deployed twice to the Gulf of Tonkin during the Vietnam war. He achieved the rank of Chief Petty Officer.

After leaving the Navy, Mike went to work for General Dynamics in Fort Worth. There he specialized in RADAR / RF Automatic Test equipment. He was later offered a position with General Dynamics Electronics San Diego which later became part of British Aerospace systems. With this group, he stayed in Fort Worth, representing BAE and became a well-known and respected Senior Engineering Specialist. After 44 years, he retired in 2021.

Mike is preceded in death by his parents. He is survived by his son, Charles Goins of Weatherford; daughter, Jennifer Goins-Wilson and husband, Eric; his grandson, Brooks Wilson all of Centreville, MD; brother, Rodney Goins and wife, Tracy, of Rapid City, SD; brother, Steven Goins, of Melbourne, FL, and extended family and many friends.

Texas History Minute by Dr. Ken Bridges

# Long-Term Care Myths That Could Impact Your Retirement

When it comes to planning their retirement, most people will rely upon their savings, 401(k)s and other forms of income to provide the security they will need for that phase of life. However, many don't consider a crucial need for their later years: long-term care insurance. In fact, a recent Forbes study revealed only about one-quarter of adults nearing retirement have seriously considered getting long-term care insurance or a savings account dedicated to long-term care expenses.

Why are Americans neglecting this aspect of financial planning? For many, common misconceptions are preventing them from being prepared. Here are six myths about long-term care and the truth you might not know from Bankers Life, a national life and health insurance brand.

Myth #1: I won't need long-term care.

Reality: Needing help with such daily activities as eating, bathing, dressing, toileting and continence, among others, may seem like an unlikely scenario. However, about 70 percent of people aged 65 and older will need some type of long-term care during their lifetime, according to the Department of Health and Human Services.

Myth #2: My family will take care of me.

Reality: Physical, financial and geographical limitations prevent many people from caring for their aging relatives, even if they intended to. That's why it's important to be prepared to pay for the long-term care you may need some day.

Myth #3: Medicare will cover my long-term care.

Reality: Medicare is designed to cover acute care, or the care you

need when you're sick and will eventually recover from an illness. It doesn't cover ongoing Activities of Daily Living services when those are the only care you need. Long-term care insurance is designed to help cover ongoing custodial care services, which includes assistance with dressing, bathing, eating or other Activities of Daily Living.

Myth #4: I'll use my Social Security benefits to pay for long-term care.

Reality: Long-term care is expensive, with homemaker services costing \$163 per day on average and a semi-private room in a nursing home costing \$260 per day on average, according to SeniorLiving.org. Even the maximum monthly Social Security benefit of \$3,6275 won't cover these amounts.

Myth #5: Nursing homes are the only option.

Reality: When you hear "long-term care," you may immediately think "nursing home," but today there are a wide variety of services available that you may receive at a facility, in the community or in the comfort of your own home. Owning long-term care insurance can help ensure you receive the care you need on your terms—where and how you want it.

Myth #6: I will get long-term care insurance later, when I need it.

Reality: Qualifying for long-term care insurance coverage after you're diagnosed with an illness is difficult. Applying for long-term care insurance at a younger age helps you qualify for coverage and lock in lower premiums. For this reason, many people purchase long-term care insurance in their 50s when they're still in good health.



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# Former Speaker of the United States House of Representatives Sam Rayburn



He was called “Mr. Sam.” For 48 years, Sam Rayburn was an unforgettable presence in Congress and a devoted servant to the people of Northeast Texas. He served with eight presidents and was Speaker of the House of Representatives on three separate occasions. During his long career, Rayburn helped guide the United States through two world wars, the Great Depression, and helped craft important legislation that transformed the nation.

Samuel Taliaferro Rayburn was born to a farming family in eastern Tennessee in 1882. When he was five, the family bought a cotton farm near Windom in Fannin County. He eventually attended East Texas Normal College in Commerce, where he gained a teaching degree and became a teacher.

In 1906, at the age of 24, he was elected to the state legislature, representing Fannin County. He attended the University of Texas law school while a legislator, gaining admission to the bar in 1908. He served three terms in the legislature, rising to Speaker of the House by 1911. In 1912, Congressman Choice Randell ran for the U. S. Senate, leaving his seat for the fourth congressional district open. Rayburn jumped at the chance and won the election easily.

He was assigned to the House Interstate and Foreign Commerce, from where he helped steer new regulations for railroads as well as other important regulatory reforms. In 1914, with World War I posing an increased risk to American shipping to Europe, he pushed through the War Risk Insurance Act to help minimize American financial losses. The construction of the famous highway Route 66 was also through his efforts.

He became the committee chairman by 1931. During the Great Depression, through his committee leadership, he helped create the Securities and Exchange Commission as well as the Federal Communications Commission.

He also helped pass the Rural Electrification Act in 1937. This act helped bring electricity to rural communities as well as 90 percent of the nation’s farms and ranches, a critical step in modernizing Texas agriculture and bringing Rayburn became House Majority Leader in 1937 and then House Speaker in 1940. He helped steer important war preparations legislation through Congress, such as the 1941 Lend-Lease Act, which helped provide the Allies desperately needed weapons against the Nazis and the Japanese, an act that probably saved the Allied war effort.

He faithfully served the people of his district as well, helping to provide funding for such reservoir projects as Lake Texoma in Grayson County and Lake Lavon in Collin County. He also helped establish a veterans hospital in McKinney. The now-closed Perrin Air Force Base in Sherman as well as Jones Field in Bonham were opened through his efforts.

Rayburn had a reputation as a man of impeccable integrity. As a lawyer, he refused to accept fees from clients who had business before the state legislature. On congressional trips, he insisted on paying his own travel expenses. He did not believe in the confrontational form of politics that constantly pitted one party against another. Instead, he worked quietly to forge compromises and keep the peace between

members of Congress. He once said, “A jackass can kick a barn down, but it takes a carpenter to build one.” So widely respected, Rayburn was unopposed for each of his re-elections to Congress for 23 terms.

He died in office on Nov. 16, 1961, marking nearly 19 years as House Speaker. After his death, several schools and even a school district were named after him as well as portions of US Highway 75 in Sherman and State Highway 121 in Bonham.

The Sam Rayburn Reservoir was named for him in 1964 as well as the Rayburn House Office Building in 1965, which houses offices for members of Congress. His home in Bonham is now a museum and still a popular attraction.

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# Sports Desk (continued from page 1)

and rolling,” Castillo said on Saturday. “We have a young team that is working hard to accomplish our goals to go further into playoffs than we ever have before. We kicked off the season with a tough out of town tournament, The Battle of the Backbone Championship in Wimberley and Canyon Lake, where we played some of the top 4A and 5A contenders. We participated in another tournament this weekend in Castleberry where we collected some exciting wins.”

Castillo said she has a good corps of strong returning players as well.

“Campbell Cox (senior), and Sydney Chavez (sophomore) were some of our top scorers from last year,” Castillo said. “Vivian Carpenter (senior) is another strong returning player that will be back on the pitch as well as Sophia Tucker (senior), who is rejoining the team after an ACL injury. We are very excited to have them back and help lead the team this season.”

Castillo said to be successful this season “we must continue seeking to play tough and challenging opponents in our preseason to prepare us for the future. The team needs to continue working hard, stay motivated and dedicated.”

On the court, the Western Hills boys basketball team defeated the Young Men's Leadership Academy on Friday night by a score of 51-41, and coach Blake Dunson said his team played tough.

“I was pleased how our guys stayed composed in a competitive environment and were able to get the job done,” Dunson said. “We knew that if we protected the paint and won the rebound battle then the game would be in our favor and that's what they did. YMLA is well-coached and it's always a tough match up.”

Junior Brandon Hawkins led the Cougars with 14 points and had 4 assists, and senior Stephun Williams added 11 points and grabbed 10 rebounds.

With the first half of district completed, Dunson said he is cautiously optimistic.

“We have positioned ourselves in the playoff hunt at 3-3 and in fourth place,” Dunson said on Saturday. “I'm happy with our performance so far, but we are not getting ahead of ourselves quite yet. Every game matters and were approaching the next game like it's our last one. We were 3-3 at this point last year and fell short of the playoffs. We have a chip on our shoulder from last season, and we're hungry to prove that we are a playoff-caliber team.”

Over at Benbrook, the Bobcats came up short against Dunbar on Friday and coach Blake Mendez said his the effort was a bit of a mixed bag.

“We had a good start to the game, but too many turnovers in the second quarter put us in a double digit hole at halftime,” Mendez said. “Against a team like Dunbar,, you just can't afford to get behind early because their pressure makes it difficult to mount a substantial comeback. We were able to play them even in the second half, but lost 64-46.”

Mendez, too, said he is feeling pretty good about where his team

as the first half of district wrapped up.

“We are pleased, but not satisfied,” Mendez said. “We went 4-2, and we've put ourselves in great position for a playoff push. But we know anything can happen and we can't afford to not get better going into the second half of district.”

On the girl's side, Benbrook lost to Dunbar on Friday, and coach Leta Lofton said there was more than met the eye in the game.

“The score was 67-29, however the score does not indicate the hustle and effort put forth by the Lady Cats,” Lofton said. “Sometimes the competitiveness is overlooked when a score like this is put up. It's always tough when you are competing against a aggressive, athletic, experienced, and well-rounded team. Again I say, we gave 100 percent and our best effort in all areas of the game. We are a young team and learning as we go. I felt we played a much-disciplined game against them the second time.”

Lofton said it was a good team effort from the Lady Cats, but, added that “the three that carried us offensively included senior forward Sharon Mpinda, freshman point guard Samantha Lindsey, and freshman guard Grace Klaerner.”

Benbrook is in the thick of the playoff hunt as the first half of district came to an end, and Lofton said she feeling good about the second half.

“We played a tough pre-district schedule in preparation for district play and beyond,” Lofton said. “We have certainly matured over the course of the season. Maturity will be a big factor as we get deeper into the second half of District. I am looking forward to working toward more growth and success with our team.”

## From Benbrook Public Library

# Adult Programs at the Library

The Benbrook Public Library has several [exciting programs and services for adults](#)! All of our programs are at no cost to you and are a great way to learn new things and meet people from your community. There are only a few programs that require registration, and there will be a link provided for you to sign up. Some programs, like our monthly trivia, are located outside the library at different locations. Here are a few programs we offer:

**GED Classes** - Our GED classes are back! Take our free prep classes to learn all the skills you need to successfully earn your GED.

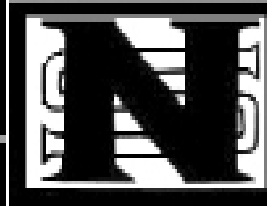
GED Classes are made possible thanks to ProLiteracy's Literacy Opportunity Fund and are held every Wednesday at 6 p.m. Registration is required.

**Knitting and Crochet** - Have you ever wanted to learn how to knit or crochet? Learn the basics or hone your craft with Amy! Supplies will be provided but feel free to bring your own, too.

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## Weekend Forecast



### Friday, Jan. 26:

**AM** - A chance of showers and thunderstorms after 3pm. Partly sunny, with a high near 64. South southeast wind 5 to 15 mph, with gusts as high as 20 mph. Chance of precipitation is 40%.  
**PM** - A chance of showers between 9pm and midnight. Mostly cloudy, with a low around 47. South-east wind 5 to 15 mph. Winds could gust as high as 20 mph. Chance of precipitation is 50%.



### Saturday, Jan. 27:

**AM** - Partly sunny, a high near 58. N/NW wind 15 to 20 mph, gusts as high as 35 mph.  
**PM** - Mostly clear, a low around 36. N/NW wind 10 to 20 mph, gusts as high as 30 mph.



### Sunday, Jan. 28:

**AM** - Sunny, with a high near 60. N/NW wind around 10 mph, gusts as high as 20 mph.  
**PM** - Mostly clear, with a low around 36.

[Extended Forecast Click Here](#)